



Riverdog Farm

November 4, 2019

Riverdog Farm Veggie Box News

Box Contents:

1 lb Carrots
1 1/4 lbs Broccoli
1 bu Tokyo Turnips
1 bu Red Russian Kale
2 Delicata Squash
1 1/4 lb Fuyu Persimmons

Payment by mail is due by November 30 for December deliveries:

Tuesdays: \$72
Wednesdays: \$72
Thursdays: \$72
Fridays: \$72
Sat: \$72
Sun: \$96

Thank you for your payment if
already sent!

Quarterly Payment Schedule:

4th Quarter
Oct/Nov/Dec
\$288

Annual Payment
\$1,152

(This amount includes 2 free
boxes!)

To view the 2019 payment
schedule visit:

[2019 Payment Schedule](#)

Field Notes: The broccoli harvest has begun! It's the time of year when we see the rewarding results of the brassica crop seedlings that we started in the greenhouse in August. The broccoli takes about 4 months to be ready to harvest. When it starts producing sizeable heads or crowns, it's ready to harvest. After the central head is cut, the plant continues to grow, producing side shoots that we also harvest. The plants stay in the ground for several months and we continuously harvest from that field until the plant starts to flower in early spring.

Box Notes: The Fuyu persimmons are from a neighboring orchard in Guinda. They are not certified organic but the grower doesn't use synthetic pesticides and fertilizers. The Fuyo variety of persimmon can be eaten when firm, like an apple. They are different from the Hachiya variety that has to be soft as pudding to be edible.

Holiday Hams are now available for ordering. There are only 10 hams left so please place your order soon. The available hams average 7-9 lbs each. Please email the farm to order a ham for Thanksgiving or the winter holidays. The deadline is Sunday November 24, 2019 for ordering hams for delivery before Thanksgiving. The smoked hams are \$10 per lb. The hams come from our pasture raised hogs that are fed an all organic diet of produce culls, whey from Cowgirl Creamery, certified organic grain and rye grass. csa@riverdogfarm.com.

Holiday Schedule:

November CSA: For the week of Thanksgiving, the Thursday (11/28) and Friday (11/29) CSA deliveries will happen on Tuesday November 26, 2019.

Farmers Markets: The Thursday November 28, 2019 Farmers Market in Berkeley will be closed.

December CSA: The farm will be closed from Sunday December 22 through Sunday January 5, 2020. We will resume the regular CSA delivery schedule the week of Monday January 6, 2020.

Farmers Markets: The Berkeley Farmer's Market will be closed: Tuesday December 24, 2019, Thursday December 26, 2019, Saturday December 28, 2019 and Tuesday January 31, 2019. We will not be at the Sacramento Sunday farmers markets on Sunday December 29, 2019.

CSA Payment Schedule

Quarter 4: Wednesdays \$288 Thursdays \$288 Fridays \$288

Annual Payment (annual payers receive 2 complimentary veggie boxes): \$1,152

Delicata Squash Pie

From: <https://www.kingarthurflour.com/recipes/delicata-squash-pie-recipe>.

Crust

- 1 recipe [Classic Single Pie Crust](#) (see link for pie crust recipe)

filling

- 1 1/2 cups (340g) evaporated milk (one 12-ounce can), light cream, or half-and-half
- 1/4 cup (53g) brown sugar
- 1/2 cup (99g) granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/8 teaspoon cloves
- 1/2 teaspoon salt
- 2 large eggs, beaten
- 3 medium (1 3/4 pounds before cooking) delicata squash
- **To make the crust:** Grease and flour a 9" pie pan. Roll the chilled, rested pie dough to a 12" to 13" circle and fit it into the pan. Trim and flute the edge, then put the lined pan in the refrigerator while preparing the filling. Preheat the oven to 350°F.
- Cut the squash in half lengthwise, and use a spoon to scoop out the seeds. Bake, cut side down, in a 9" x 13" pan with 1/2" of water in the bottom. After 30 to 40 minutes, press the squash with your finger; when it's soft, it's done. Remove from the oven, and when it's cool enough to handle, scoop out 2 cups of the flesh. Purée until smooth. Increase the oven's temperature to 425°F.
- **To make the filling:** Combine the evaporated milk or cream, sugars, spices, salt, and eggs. Add to the squash and blend until smooth with a hand mixer or immersion blender. Pour the filling into the prepared pie shell. To dress up the pie, add a swirl of cream or evaporated milk on top, or sprinkle with cinnamon.
- **To bake:** Placed the pie on a parchment-lined baking sheet, and bake it for 15 minutes at 425°F. Reduce the oven's temperature to 350°F and bake for another 40 to 45 minutes, until the pie is mostly set, and a 1" to 2" circle in the center still wobbles a bit when you nudge the pan. Remove the pie from the oven and cool it completely before slicing.

The Best Carrot Cake Recipe

From: <https://www.livewellbakeoften.com/the-best-carrot-cake-recipe/>.

- 2 cups (250 grams) all-purpose flour ([spooned & leveled](#))
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 and 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 3/4 cup (180ml canola) or vegetable oil
- 4 large eggs room temperature
- 1 and 1/2 cups (300 grams) light brown sugar
- 1/2 cup (100 grams) granulated sugar
- 1/2 cup (125 grams) unsweetened applesauce
- 1 teaspoon pure vanilla extract
- 3 cups (300 grams) grated carrots, lightly packed

For the cream cheese frosting:

- 1 (8-ounce) package brick style cream cheese, softened to room temperature
- 1/2 cup (115 grams) unsalted butter, softened to room temperature
- 2 cups (240 grams) powdered sugar
- 1 teaspoon pure vanilla extract

Preheat oven to 350°F. Spray two 9-inch round cake pans well with non stick cooking spray (you can also line the bottom of each pan with parchment paper for easier removal) and set aside.

In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt until well combined. Set aside.

In a separate large mixing bowl, whisk together the oil, eggs, brown sugar, granulated sugar, applesauce, and vanilla extract until fully combined. Add the grated carrots into the wet ingredients and mix until well combined.

Pour the wet ingredients into the dry ingredients and mix with a whisk or rubber spatula until just combined, making sure not to over mix the batter.

Pour the cake batter evenly between both prepared cake pans. Bake at 350°F for 30-35 minutes or until the tops of the cakes are set and a toothpick inserted into the center of each one comes out clean. Remove from the oven, transfer to a wire rack, and allow to cool in the pans for about 20-25 minutes. Once the cakes have cooled, remove from the pans and return the cakes to the wire rack to finish cooling.

To make the cream cheese frosting:

In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using a hand-held mixer, beat the cream cheese until smooth. Add the butter and mix for about 30 seconds-1 minute until well combined and smooth. Add in the powdered sugar and vanilla extract and continue mixing until fully combined, scraping down the sides of the bowl as needed.

To assemble the cake:

Level the tops of each cake with a knife or cake leveler. Place one of the cakes on a cake stand, top with a little over 1/2 cup of the frosting, and smooth it out into one even layer. Place the other cake on top and use the remaining frosting to frost the top and sides of the cake. Top with pecans or other toppings of choice if desired.